Iron Raptor Club

RULES

General Rules:

1. All lifts will take place in the Fitness Center.
2. Participants will sign in 5 minutes before the scheduled lift time.
3. Any participant not ready to lift 5 minutes after the scheduled time will not be allowed to participate.
4. All lift attempts must occur on the same day within a 45 minute time frame.
5. Official’s decisions are final.
6. Player attire:
   a. Pants: Players may not wear pants or shorts that have belt loops, pockets, or an exposed drawstring. Players may not wear towels that hang from the waist.
   b. Headgear: Players may not wear baseball style caps or other rigid headwear. Knit and stocking caps are permitted. Players may wear a headband no wider than two inches and made of non-abrasive cloth, elastic, fiber, soft leather, or rubber. Bandanas with knots are prohibited. Rubber or cloth elastic bands may be used to control hair.
   c. Pads or Braces: No pads or braces may be worn above the waist.
   d. Shoes: All players must wear shoes. Tennis/running shoes and soft-soled shoes are permitted.
7. Participants wearing illegal equipment will be asked to remove these items. Failure to do so will result in team disqualification from the tournament.
8. Participants may wear lifting gloves, belts, and straps.
9. Please refer to Intramural Handbook for additional policies.

General Format:

1. The Iron Raptor Club Competition consists of three weight lifting exercises:
   a. Bench Press
   b. Squat
   c. Deadlift
2. The men’s competition consists of two successful reps at a designated weight for each exercise with a sum of 1,000lbs or more.
   a. Successful Attempt Example: John lifts 285lbs on bench press (2 reps), 375lbs on squat (2 reps), and 365 on deadlift (2 reps) for a total of 1,025lbs.
   b. Successful Attempt Example: Joe lifts 345lbs on bench press (2 reps), 350lbs on squat (2 reps), and 305 on deadlift (2 reps) for a total of 1,000lbs.
   c. Failed Attempt Example: Joe lifts 245lbs on bench press (2 reps), 315lbs on squat (2 reps), and 315 on deadlift (2 reps) for a total of 875lbs.
d. *Failed Attempt Example:* John lifts 305lbs on bench press (2 reps), 345lbs on squat (2 reps), and 349 on deadlift (2 reps) for a total of 999lbs.

3. The women’s competition consists of two successful reps at a designated weight for each exercise with a sum of 600lbs or more.
   a. *Successful Attempt Example:* Jenna lifts 175lbs on bench press (2 reps), 265lbs on squat (2 reps), and 165 on deadlift (2 reps) for a total of 605lbs.
   b. *Successful Attempt Example:* Amy lifts 165lbs on bench press (2 reps), 265lbs on squat (2 reps), and 170 on deadlift (2 reps) for a total of 600lbs.
   c. *Failed Attempt Example:* Mary lifts 145lbs on bench press (2 reps), 225lbs on squat (2 reps), and 155 on deadlift (2 reps) for a total of 525lbs.
   d. *Failed Attempt Example:* Brooke lifts 170lbs on bench press (2 reps), 264lbs on squat (2 reps), and 165 on deadlift (2 reps) for a total of 599lbs.

**Bench:**

The bench shall be placed on the platform with the head facing the front or angled up to 45 degrees. Bar supports will be positioned slightly above the participants’ chest for safety.

1. The lifter must lie on his/her back with head, shoulders and buttocks in contact with the bench surface. The feet must be flat on the floor (as flat as the shape of the shoe will allow). His/her hands and fingers must grip the bar positioned in the rack stands with a thumbs around grip. This position shall be maintained throughout the lift. Foot movement is permissible but must remain flat on the platform. The hair must not hide the back of the head when lying down on the bench. Pony tail is preferred.

2. Not more than three and not less than two spotter / loaders shall be on the platform at any time. After correctly positioning himself/herself, the lifter may enlist the help of the spotter / loaders in removing the bar from the racks. The lift off if assisted by the spotter / loaders must be at arms length.

3. The use of the reverse grip is forbidden.

4. After removing the bar from the racks, with or without the help of the spotter / loaders, the lifter shall wait with straight arms elbows locked for the Chief Referee’s signal. The signal shall be given as soon as the lifter is motionless and the bar properly positioned. For reasons of safety the lifter will be requested to “Re-place” the bar, together with a backward movement of the arm, if after a period of five seconds he is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.

5. The signal to begin the attempt shall consist of a downward movement of the arm together with the audible command “Start”.
6. After receiving the signal, the lifter must lower the bar to the chest or abdominal area (the bar shall not touch the belt), hold it motionless, after which the Chief referee will signal the audible command “Press”. The lifter must then return the bar to straight arms length elbows locked. When held motionless in this position the audible command “Rack” shall be given together with a backward motion of the arm. If the bar is lowered to the belt and stays on it for 5 seconds the Chief Referee’s command is “replace”.

### Squat:

The lifter shall face the front of the platform. The bar shall be held horizontally across the shoulders, hands and fingers gripping the bar. The hands may be positioned anywhere on the bar inside and or in contact with the inner collars. Bar supports will be positioned slightly above the participants’ full squat position for safety.

1. After removing the bar from the racks, (the lifter may be aided in removal of the bar from the racks by the spotter / loaders) the lifter must move backwards to establish the starting position. When the lifter is motionless, erect (slight deviation is allowable) with knees locked the Chief Referee will give the signal to begin the lift. The signal shall consist of a downward movement of the arm and the audible command “Squat”. Before receiving the signal to “squat” the lifter may make any position adjustments within the rules, without penalty. For reasons of safety the lifter will be requested to “Replace” the bar, together with a backward movement of the arm, if after a period of five seconds he/she is not in the correct position to begin the lift. The Chief Referee will then convey the reason why the signal was not given.

2. Upon receiving the Chief Referee’s signal the lifter must bend the knees and lower the body until the top surface of the legs at the hip joint is lower than the top of the knees. The attempt is deemed to have commenced when the lifters knees have unlocked.

3. The lifter must recover at will to an upright position with the knees locked. Double bouncing at the bottom of the squat attempt or any downward movement is not permitted. When the lifter is motionless (in the apparent final position) the Chief Referee will give the signal to rack the bar.

4. For reasons of safety the lifter may request the aid of the spotter / loaders in returning the bar to, and replacing it in the racks. The lifter must stay with the bar during this process.

5. Not more than three and not less than two spotter / loaders shall be on the platform at any time. The Referees may decide to the number of spotter / loaders required on the platform at any time 2, 3, 4, or 5.
**Deadlift:**

The lifter shall face the front of the platform with the bar laid horizontally in front of the lifter's feet, gripped with an optional grip in both hands and lifted until the lifter is standing erect.

1. On completion of the lift the knees shall be locked in a straight position and the shoulders back.
2. The Chief Referee’s signal shall consist of a downward movement of the arm and the audible command “Down”. The signal will not be given until the bar is held motionless and the lifter is in the apparent finished position.
3. Any rising of the bar or any deliberate attempt to do so will count as an attempt. Once the attempt has begun no downward movement is allowed until the lifter reaches the erect position with the knees locked.

**Conduct:**

1. All concerns must be made when the Chief Referee before or after the lift.
2. The official has the right to eject anyone from the game for any reason the referee deems appropriate; including (but not limited to) consistent arguing, obscene language, etc.